

# Is it Coronavirus, the Flu, Seasonal Allergies, or the Common Cold?

**DO YOU HAVE A FEVER? (TEMPERATURE ABOVE 100.4)**

**YES**

**ARE YOU EXPERIENCING  
SHORTNESS OF  
BREATH?**

**YES**

You MAY have  
**CORONAVIRUS**

**Additional symptoms  
include a cough, fatigue,  
body or muscle aches  
and appear 2-14 days  
AFTER Exposure.**

**NO**

You MAY  
have the  
**Flu**

**Additional symptoms  
include cough, body or  
muscle aches, fatigue,  
sore throat and  
headache.**

**NO**

**DO YOU HAVE ITCHY  
EYES?**

**NO**

You MAY have  
the **Common Cold**

**Additional symptoms  
include sneezing,  
runny nose or  
stuffy nose or  
mild chest  
discomfort.**

**YES**

You MAY have  
**Seasonal Allergies**

**Additional symptoms  
include itchy, runny or  
stuffy nose, sneezing,  
headache and red  
watery or puffy eyes.**

# COVID-19 (Coronavirus)

## Guide to Social Distancing

Here are a few steps you can take to protect yourself when you're in public settings.



**1**  
**6 feet of safety (2 meters)**  
Stay approximately 6 feet away, or more, from others.

**2** **Avoid shaking hands**



Use the elbow bump or wave as an alternate greeting.

**3** **Gotta sneeze, Do the Dab!**



Sneeze or cough into your arm or a tissue to reduce the spread of germs.

# IF YOU HAVE THE CORONAVIRUS, THE FLU, OR THE COMMON COLD...

- \* STAY AT HOME TO AVOID INFECTING OTHERS,
- GET PLENTY OF REST AND SLEEP,
- DRINK PLENTY OF WATER AND OTHER CLEAR LIQUIDS TO PREVENT FLUID LOSS (DEHYDRATION),
- TAKE A PAIN RELIEVER LIKE ACETAMINOPHEN **(NOT IBUPROFEN)** TO RELIEVE FEVER AND BODY ACHES. **DO NOT GIVE ASPIRIN TO CHILDREN.**
- COMPLETELY COVER YOUR MOUTH WHEN YOU COUGH AND SNEEZE.

.....ALSO, DO NOT CONSUME ELDERBERRY PRODUCTS